



Conseils climat



- Are you 65 years of age or over?
- Are you dealing with a chronic disease such as diabetes, hypertension, or a heart, lung, or kidney problem?
- Are you the parent of a child 5 years of age or under?

You or one of your loved ones could be more vulnerable to heat because of your health status or because it is difficult for you to adapt to heat.



Conseils climat is a **free** system that can notify you by telephone, email, or SMS before a heatwave occurs.



The system will also recommend ways to protect your health from the effects of heat.



How does it work ?

- **You will receive an initial warning message** the day before the heatwave.
- **You will receive a second message** if the heat persists. Details will also be provided of certain heat-related symptoms to be monitored.



You must register with the system to receive the messages. You can unsubscribe at any time.

To obtain additional information
or to register, please call:
1 866 982-7282 or visit
[Québec.ca/conseilsclimatsystem](https://Quebec.ca/conseilsclimatsystem)